

FOR YOUR TODDLER \* 1-3 YEARS OLD

Transition: Older Baby to Toddler

Growing into Mealtimes

Feeding Hungry Tummies

Food Guide

Sample Menu

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## Transition: Older Baby to Toddler

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Your toddler's diet gradually becomes like the rest of the family's. Eating with the family allows your toddler to see other family members enjoying the same healthy foods. Making healthy choices as a family is more important than ever.

Toddlers usually eat much less than before because they are growing at a slower rate. Average growth is three times greater in the first year than in the second or third years. Even though toddlers move around much more, they may not need to eat as much as when they were younger.

*"Parents are responsible for what the child is offered to eat and how it is presented, children are responsible for how much food they eat and whether they eat."*

*—Ellyn Satter, family therapist and Registered Dietitian*

## Growing into Mealtimes

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- \* Older babies and toddlers are learning how to feed themselves. Until your baby manages a spoon expect the use of fingers and a mess—newspaper or a plastic tablecloth under the chair can help with cleanup.
- \* It is normal for toddlers to have appetite changes or go on "food jags," when a toddler may eat only one food for several days.
- \* A toddler's appetite and tastes can change fairly quickly. A child may like a food one day and not another. If your child refuses a food, simply offer it again on another day.
- \* Try to avoid struggles about eating. Patience and time probably are the only ways to deal with refusal to eat, food jags, and changing preferences.
- \* Keep offering fruits and vegetables. Repeat exposure gives your child a new chance to like brussel sprouts, sweet potatoes and spinach.
- \* Try to have some quiet time before the meal—read a story or listen to some music.
- \* Teeth Care—clean teeth with a soft brush after each meal. If your child wants to do this him/herself, assist to be sure the job is thorough. Use toothpaste only twice a day and use only a pea-sized amount on your child's toothbrush. The first dental visit should be scheduled at 2 or 3 years of age.



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Vermont Chapter

# Feeding Hungry Tummies

What  
kids  
like...

## Nutritious snacks

It is important to offer healthy snacks daily. Toddlers' tummies are small. To meet nutritional needs, children usually need planned snacks between meals.

## Small portions

Think from a child's point of view. Give small portions (1 tablespoon) to start and let your child ask for more.

## Frequent feedings

Toddlers have high energy and short attention spans. Children need to eat 5–6 times a day.

## Finger foods

Offer small bite size pieces and a variety of foods served different ways.

## Bright colors

Try deep yellow, bright green or red veggies and different textures in a meal.

## Mild flavors are preferred

Toddlers have keen taste buds. Go lightly on spices and limit salty, sweet & fatty foods.

## Chewing is work

Even with teeth, chewing may be hard for toddlers. Most table foods need to be chopped.

## Children eat when hungry

Appetite is a good guide. Let your child take the lead — choosing how much to eat at snack and mealtime.

## New foods

Introduce new foods in small amounts. Serve something new with an old favorite so it has “good company.”

## Keep offering

Keep offering a new food even if it was rejected earlier. Kids often need to see a food many times before it looks familiar enough to try.



Having  
the  
right  
tools...

Imagine trying to spear a piece of carrot with a fork 2 feet long!

### \* SPOON \*

round & shallow, blunt tip, utensil with a short & straight handle

### \* FORK \*

blunt tines, utensil with a short & straight handle

### \* DRINKING GLASS or CUP \*

child size, made of unbreakable material, low, broad mouthed, wide handle, flat bottom, small enough for hands to wrap around

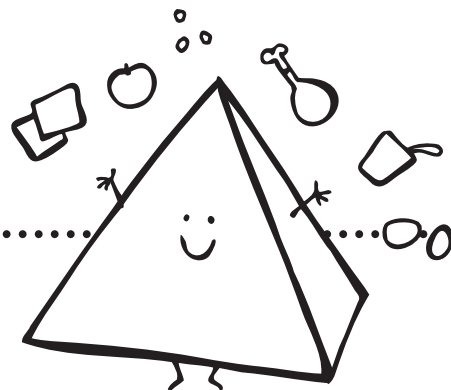
### \* BOWL or DIVIDED DISH \*

child size, made of unbreakable material, straight sides

### \* CHAIR or BOOSTER \*

child size, foot rest, positioned so table is waist high

# Food Guide



Serving size guidelines for children 1-3 years old

## Whole Grains

6+ servings/day

Bread	1/2 slice
Cereals, oatmeal, rice, pasta, noodles	1/4-1/2 cup
Crackers	2-3
Pancakes, waffles	1/2 medium piece

(Choose whole grains for half of daily intake)

## Vegetables

3+ servings/day

Cooked vegetables	1/4-1/3 cup
Juice	1/2 cup or 4 ounces
Raw	2-3 pieces*

(Choose at least one serving of dark green or orange vegetables rich in vitamin A such as broccoli, spinach, sweet potato or carrots)

\* Some RAW items may be difficult to chew. Try soft fruits & soft cooked vegetables. Be sure to offer RAW fruits and vegetables in textures your child can chew.

## Fruit

1 servings/day

Fresh, canned or frozen	1/4-1/3 cup or 2-3 slices fresh*
100% Juice (with vitamin C)	1/2 cup or 4 ounces

(Choose at least one citrus fruit rich in vitamin C such as oranges or grapefruit)

Always choose 100% juice with vitamin C. Limit fruit juice to 4-6 ounces per day.

## Dairy

3 servings/day

Milk	4 ounces
Yogurt, cottage cheese	1/2 cup
Cheese	1/2 ounce

(Whole milk and whole milk products should be given to children younger than 2 years old. After 2 years of age, offer low-fat milk (1% or skim) and milk products.)

## Meats, poultry, fish, eggs & beans

1 servings/day

Lean meat, fish, poultry or canned tuna	2-3 tablespoons or 1-2 ounces chopped
Eggs	1
Cooked beans and peas	1-3 tablespoons
Peanut Butter (creamy)	1 tablespoon
Tofu	3-4 tablespoons

## Fats and Oils

3-4 servings/day

Oil (olive, canola or peanut oil), butter	1 teaspoon
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# Sample Menu

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## Breakfast

- Whole grain toast, 1/2 slice
- Butter, 1/2 teaspoon
- Scrambled egg, 1
- Milk, 4 ounces

## Mid-morning snack

- Dry cereal, 1/3 cup
- Milk, 1/2 cup or 4 ounces
- Orange, diced, 1/3 cup

## Lunch

- Macaroni and Cheese, 2–4 tablespoons
- Green beans, 2–4 tablespoons
- Banana, 1/4–1/2
- Milk, 1/2 cup or 4 ounces

## Mid-afternoon snack

- Carrot pieces, soft cooked, 4 tablespoons
- Whole grain bread, 1/2 slice
- Water, 1/2 cup or 4 ounces

## Dinner

- Brown rice, 2–4 tablespoons
- Broccoli, 2–4 tablespoons
- Chicken, chopped, 2–3 tablespoons
- Small whole grain dinner roll, 1/2
- Butter, 1/2 teaspoon
- Milk, 1/2 cup or 4 ounces

*Note: Toddlers need whole milk until age 2.  
After age 2 children should drink 1% or skim milk.*

Name of Child: \_\_\_\_\_

Nutrition Plan or Goals: \_\_\_\_\_

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